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Get Started Now!

949 . 751 . 8556

17811 Sky Park Circle . Suite E
Irvine . California . 92614

Chino Hills, ca, Top Pilates Studio Instructor will prove to you under oath that you'll reshape your body and get rid of your trouble spots or your money back...

"You Have Just Found A Pilates Workout In Chino Hills That'll Flatten Your Stomach, Firm And Tone Your Hips n'Thighs...Without Making You Thick And Bulky..."

**How Fed Up Are You With Having An Out Shaped Body?
We Are Serious About Getting Rid Of Your Stomach
Pooch And Give You That Firm Bootie That You Can
Bounce A Quarter Off Of!**

Dear Friend,

Finally stop struggling with an unflattering waistline and thighs that rub together when you walk...You'll tone and tighten your butt, hips n'thighs without every feeling bulky!

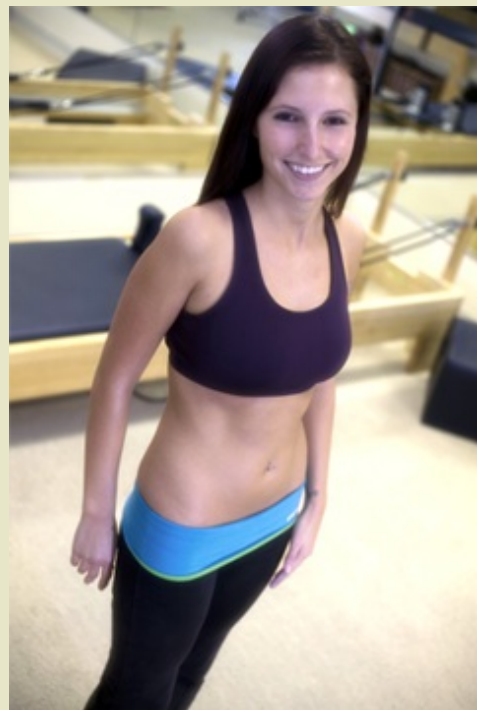
If you want to trim down and firm up targeted problem areas with a great workout that suits your age and physical conditions, this very well maybe the day you finally catch a break and discover a satisfying solution.

With Pilates , the revolutionary mind and body workout, you can look great and feel fabulous. If you haven't heard all the buzz about the hundreds of thousands of women in the world that are transforming their body because of Pilates, allow me to get you up to date.

"My Friends Couldn't Believe How Toned and Lean I Looked When They Saw Me at the River in My Bikini After Only 8 Weeks"



Before



After

Caycie: "After trying Pilates once at My Pilates Studio™ in Irvine I was addicted. I noticed results almost immediately and dropped 2 pant sizes."

Space Is Limited..Don't Get Left Out!



Because of the remarkable results our clients are getting,

Sunday, October 10th, 2010

Our rates are significantly going up. Once we hit our limit we will lock the doors and you will be on the outside looking in, Don't let that happen!

Call Now (909)762-3582

"I've Never Been Confident In The Way My Waist Looked, But Now The Comments I'm Getting Are

Wonderful And Uplifting!"



Before



After

Natalie: "This is a challenging workout that has taken my body in, I now have a waistline. My friends and family are amazed with how I look..."

At My Pilates Studio™ you'll **blast fat away** fast and build your **sleek toned body** with our time saving combination of fat burning cardio and body toning Pilates

Discover why your innovative Pilates program will make you want to run and tell EVERY one of your friends and family about how you got your sleek and sexy new body!

Take a sneak peek at the Pilates system that **sling shots belly bulge to the curb!**

Imagine what it would mean to you if you **NEVER** had to worry again about feeling **embarrassed about how your body looks, a bulging midsection or weighing too much.**

Natalie and Caycie used to feel the same way until they got a little help from My Pilates Studio™

Now you too can copy the exact same blueprint for success they used to get their sleek toned bodies.

Even if you have struggled in the past, **even if you're struggling right now**, even if you have tried to achieve your fitness and weight loss goals and failed, **you CAN have the body and health of your dreams!**

Claim your FREE jump start Pilates session today!

Act Now! Space Is Limited



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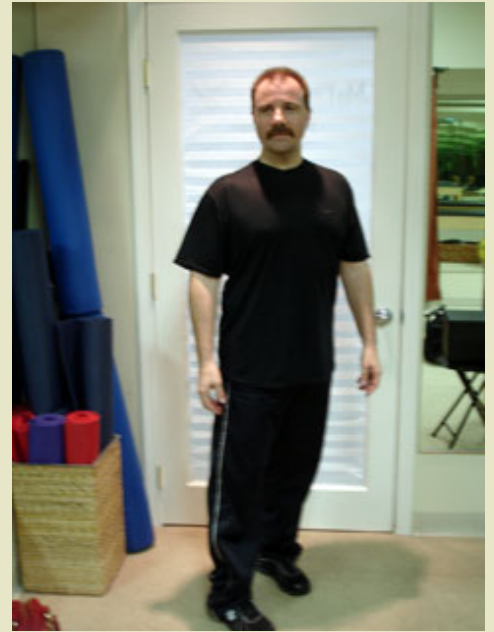
LG:



"Since joining My Pilates Studio™ I look forward to my workouts. They are challenging and fun at the same time but just because their fun doesn't mean it's easy, it's fun seeing the results."

Complimentary Session! Call 909-762-3582

Scott:



"My Instructor at My Pilates Studio™ in Irvine keeps you moving from the start of the class until the end. You get an amazing workout in a very compact amount of time."

Complimentary Session! Call 909-762-3582

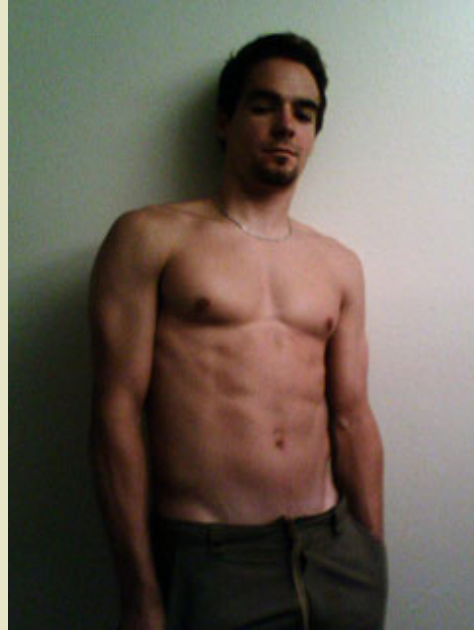
Jen:



"I have suffered with back pain for years and when I started I could barely bend over and touch my toes. Now, I am so much more flexible! I feel like I have so much more energy and strength"

Complimentary Session! Call 909-762-3582

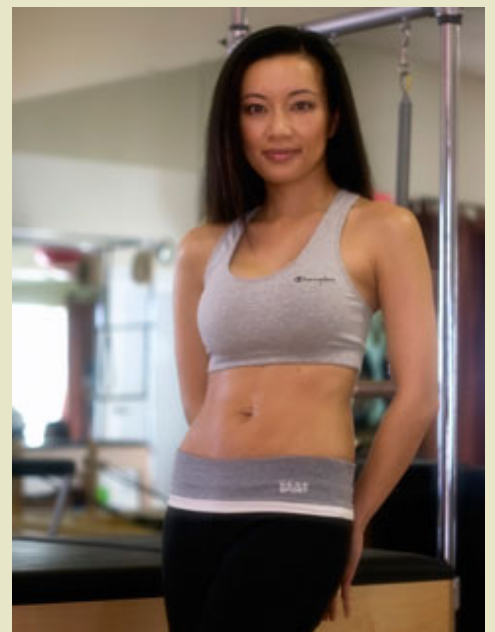
Sam:



"I get a killer workout at My Pilates Studio™. It's always a challenge, but the instructors are so motivating. Pilates has helped me in sports as well in my everyday activities. My abs are much more defined & I feel stronger!!"

Complimentary Session! Call 909-762-3582

Cecile:



"I have a 6-pack unimaginable after 2 kids! I am longer, leaner and have muscle definition. All this in a fraction of the time I used to spend each week at the gym with no results."

Complimentary Session! Call 909-762-3582

Stacy:



"Doing Pilates at My Pilates Studio™ refined and shaped my body completely! My rib cage shrunk about 2 inches and counting within the first two months and the definition on my abs was amazing. I was so excited and could not believe the results. My back pain diminished and my flexibility increased. You just can't beat it!!"

Complimentary Session! Call 909-762-3582

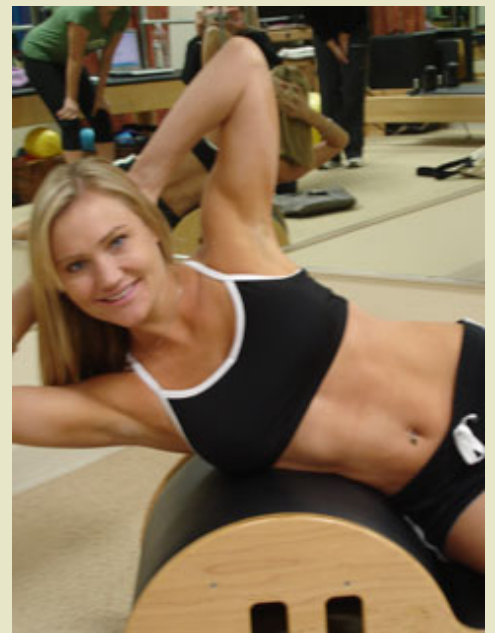
Liz:



"After having two kids Pilates has toned my abs, defined my arms and tightened my buns."

Complimentary Session! Call 909-762-3582

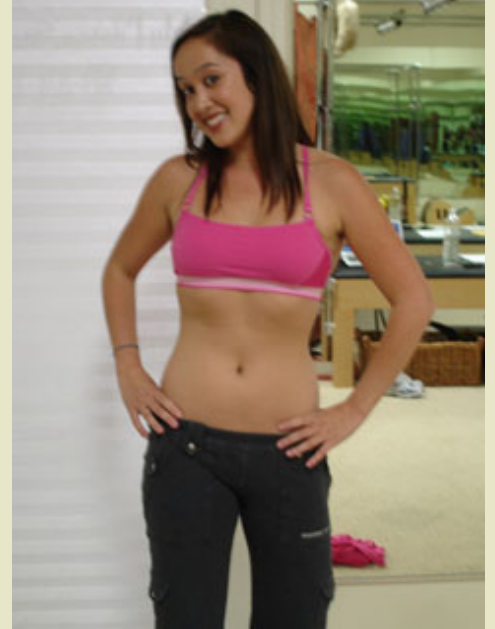
Michelle:



"After having 2 kids I needed to get my abs flat again. Once I started Pilates I not only got my abs back I now have a six pack. My abs look better now than they have ever looked. I am hooked on Pilates!"

Complimentary Session! Call 909-762-3582

Karen:



"Since I started taking Pilates at My Pilates Studio I've lost 2 pant sizes, my abs are tone and defined I have stronger core stability which gives me more confidence. Cardio is combined with the mat and comprehensive sessions to give an even more intense workout and noticed I have more endurance. I will continue doing Pilates for the rest of my life!!!"

Complimentary Session! Call 909-762-3582

Gayle:



"I'm 55 and feel good and toned. All of my clothes are looser (especially around the hips) I lost weight and became more aware of my body, posture and nutrition."

Recipes for Health: Pear Ginger Crumble

This crumble is perfect for fall, when the fruits of summer give way to apples and pears.

MEG
2010
A NEW
CALIFORNIA

MEG WHITMAN
BELIEVES IN THE
POWER OF MANY



Paid for by Meg Whitman for Governor 2010

One Culture?s Ratatouille Is Another?s Fill-in-the-Blank

The eggplant-based dish exists in one one form or another just about everywhere you go.

MEG
2010
A NEW
CALIFORNIA

MEG WHITMAN
BELIEVES IN THE
POWER OF MANY



Paid for by Meg Whitman for Governor 2010

Drilling Down: Sizing Up a Cheeseburger?s Caloric Heft

In a study, students were asked to think about fruit salad and a cheesecake and then estimate the calories in a cheeseburger.

MEG
2010
A NEW
CALIFORNIA

MEG WHITMAN
BELIEVES IN THE
POWER OF MANY



Paid for by Meg Whitman for Governor 2010

Noticed: Their Lotus Can?t Take Root on a Yoga Mat

Some practitioners say personal rugs have become too much like a status

The City of Irvine was incorporated on December 28, 1971, under the general laws of the State of California. Irvine operates under a charter law form of government which was adopted in 1975, meaning we have a City Council-City Manager form of government. The Irvine City Manager is appointed by the Irvine City Council to function as the chief administrator of the City. Irvine City Council sets the policy directions for Irvine, and the Irvine City Manager is charged with implementing those directions. Additionally, the Irvine City Manager keeps the Council informed of Irvine city operations, prepares the annual budget, oversees special programs, and coordinates the various department activities.

Irvine is one of the nation's largest planned urban communities and encompasses more than 55 square miles. Irvine contracts for fire and medical services with the County of Orange, and have three independent districts: library, educational and utility services. Other government services include: animal control; building and safety regulation and inspection; general administrative services; planning and zoning; police; public facility/capital improvement construction; recreation and cultural programs; refuse collection and recycling; street lighting; street maintenance; landscape maintenance and transportation management.

92602 92603 92604 92606 92612 92614
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symbol, and often aren't even necessary.

Regulators Call Health Claims in Pom Juice Ads Deceptive

The federal agency charged that the health benefits of pomegranate juice claimed in the advertising by the Pom Wonderful company were false.

Anesthesia Management Solutions for Hospitals

Premier Anesthesia addresses the leading reasons why facilities outsource anesthesia services: cost, leadership and service.

www.premieranesthesia.com

Ads by Pheedo

Told to Eat Its Vegetables, America Orders Fries

Despite two decades of public health initiatives, a study found Americans still aren't eating enough vegetables.

Some Obama Allies Fear School Lunch Bill Could Rob Food Stamp Program

At issue is how to pay for additional spending on school lunch programs and other child nutrition projects sought by the White House.

Medical Records - Compare Prices

Compare prices and options for Patient Tracking Software. Complete a request form and receive multiple matches for Patient Tracking Software.

BuyerZone.com

Ads by Pheedo